

2026シーズン 2000mエルゴ体重別%IDT(女子)

体重 %IDT	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
100	7:07.9	7:06.0	7:04.1	7:02.0	7:00.6	6:58.9	6:57.2	6:55.6	6:54.0	6:52.4	6:50.9	6:49.4	6:47.9	6:46.5	6:45.0	6:43.6	6:42.3	6:40.9	6:39.6	6:38.3	6:37.1
99	7:12.2	7:10.3	7:08.4	7:06.6	7:04.9	7:03.1	7:01.4	6:59.8	6:58.2	6:56.6	6:55.0	6:53.5	6:52.0	6:50.6	6:49.1	6:47.7	6:46.3	6:45.0	6:43.7	6:42.4	6:41.1
98	7:16.6	7:14.7	7:12.8	7:11.0	7:09.2	7:07.4	7:05.7	7:04.1	7:02.4	7:00.8	6:59.3	6:57.7	6:56.2	6:54.8	6:53.3	6:51.9	6:50.5	6:49.1	6:47.8	6:46.5	6:45.2
97	7:21.1	7:19.2	7:17.3	7:15.4	7:13.6	7:11.9	7:10.1	7:08.4	7:06.8	7:05.2	7:03.6	7:02.0	7:00.5	6:59.0	6:57.6	6:56.1	6:54.7	6:53.3	6:52.0	6:50.6	6:49.3
96	7:25.7	7:23.7	7:21.8	7:20.0	7:18.1	7:16.4	7:14.6	7:12.9	7:11.2	7:09.6	7:08.0	7:06.4	7:04.9	7:03.4	7:01.9	7:00.5	6:59.0	6:57.6	6:56.3	6:54.9	6:53.6
95	7:30.4	7:28.4	7:26.5	7:24.6	7:22.7	7:20.9	7:19.2	7:17.5	7:15.8	7:14.1	7:12.5	7:10.9	7:09.4	7:07.8	7:06.4	7:04.9	7:03.5	7:02.0	7:00.7	6:59.3	6:58.0
94	7:35.2	7:33.2	7:31.2	7:29.3	7:27.5	7:25.6	7:23.9	7:22.1	7:20.4	7:18.7	7:17.1	7:15.5	7:13.9	7:12.4	7:10.9	7:09.4	7:08.0	7:06.5	7:05.1	7:03.8	7:02.4
93	7:40.1	7:38.0	7:36.1	7:34.1	7:32.3	7:30.4	7:28.6	7:26.9	7:25.1	7:23.5	7:21.8	7:20.2	7:18.6	7:17.0	7:15.5	7:14.0	7:12.6	7:11.1	7:09.7	7:08.3	7:06.9
92	7:45.1	7:43.0	7:41.0	7:39.1	7:37.2	7:35.3	7:33.5	7:31.7	7:30.0	7:28.3	7:26.6	7:25.0	7:23.4	7:21.8	7:20.3	7:18.7	7:17.3	7:15.8	7:14.4	7:13.0	7:11.6
91	7:50.2	7:48.1	7:46.1	7:44.1	7:42.2	7:40.3	7:38.5	7:36.7	7:34.9	7:33.2	7:31.5	7:29.9	7:28.2	7:26.7	7:25.1	7:23.6	7:22.1	7:20.6	7:19.1	7:17.7	7:16.3
90	7:55.4	7:53.3	7:51.3	7:49.3	7:47.3	7:45.4	7:43.6	7:41.8	7:40.0	7:38.2	7:36.5	7:34.9	7:33.2	7:31.6	7:30.0	7:28.5	7:27.0	7:25.5	7:24.0	7:22.6	7:21.2
89	8:00.7	7:58.6	7:56.6	7:54.6	7:52.6	7:50.7	7:48.8	7:47.0	7:45.2	7:43.4	7:41.7	7:40.0	7:38.3	7:36.7	7:35.1	7:33.5	7:32.0	7:30.5	7:29.0	7:27.6	7:26.1
88	8:06.2	8:04.1	8:02.0	7:59.9	7:58.0	7:56.0	7:54.1	7:52.3	7:50.4	7:48.7	7:46.9	7:45.2	7:43.5	7:41.9	7:40.3	7:38.7	7:37.1	7:35.6	7:34.1	7:32.6	7:31.2
87	8:11.8	8:09.6	8:07.5	8:05.5	8:03.5	8:01.5	7:59.6	7:57.7	7:55.8	7:54.0	7:52.3	7:50.5	7:48.9	7:47.2	7:45.6	7:44.0	7:42.4	7:40.8	7:39.3	7:37.9	7:36.4
86	8:17.5	8:15.3	8:13.2	8:11.1	8:09.1	8:07.1	8:05.1	8:03.2	8:01.4	7:59.6	7:57.8	7:56.0	7:54.3	7:52.6	7:51.0	7:49.4	7:47.8	7:46.2	7:44.7	7:43.2	7:41.7
85	8:23.4	8:21.1	8:19.0	8:16.9	8:14.8	8:12.8	8:10.9	8:08.9	8:07.0	8:05.2	8:03.4	8:01.6	7:59.9	7:58.2	7:56.5	7:54.9	7:53.3	7:51.7	7:50.1	7:48.6	7:47.1
84	8:29.4	8:27.1	8:24.9	8:22.8	8:20.7	8:18.7	8:16.7	8:14.7	8:12.8	8:11.0	8:09.1	8:07.4	8:05.6	8:03.9	8:02.2	8:00.5	7:58.9	7:57.3	7:55.7	7:54.2	7:52.7
83	8:35.5	8:33.2	8:31.0	8:28.9	8:26.8	8:24.7	8:22.7	8:20.7	8:18.8	8:16.9	8:15.0	8:13.2	8:11.4	8:09.7	8:08.0	8:06.3	8:04.7	8:03.1	8:01.5	7:59.9	7:58.4
82	8:41.8	8:39.5	8:37.2	8:35.1	8:32.9	8:30.8	8:28.8	8:26.8	8:24.9	8:22.9	8:21.1	8:19.2	8:17.4	8:15.7	8:13.9	8:12.3	8:10.6	8:09.0	8:07.3	8:05.8	8:04.2
81	8:48.2	8:45.9	8:43.6	8:41.4	8:39.3	8:37.2	8:35.1	8:33.1	8:31.1	8:29.2	8:27.3	8:25.4	8:23.6	8:21.8	8:20.0	8:18.3	8:16.6	8:15.0	8:13.4	8:11.8	8:10.2
80	8:54.8	8:52.5	8:50.2	8:47.9	8:45.8	8:43.6	8:41.5	8:39.5	8:37.5	8:35.5	8:33.6	8:31.7	8:29.9	8:28.1	8:26.3	8:24.6	8:22.8	8:21.2	8:19.5	8:17.9	8:16.3

体重 %IDT	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
100	6:35.8	6:34.6	6:33.4	6:32.2	6:31.0	6:29.9	6:28.7	6:27.6	6:26.5	6:25.5	6:24.4	6:23.4	6:22.3	6:21.3	6:20.3	6:19.3	6:18.4	6:17.4	6:16.4	6:15.5
99	6:39.8	6:38.6	6:37.4	6:36.2	6:35.0	6:33.8	6:32.7	6:31.5	6:30.4	6:29.4	6:28.3	6:27.2	6:26.2	6:25.2	6:24.2	6:23.2	6:22.2	6:21.2	6:20.2	6:19.3
98	6:43.9	6:42.6	6:41.4	6:40.2	6:39.0	6:37.8	6:36.7	6:35.5	6:34.4	6:33.3	6:32.2	6:31.2	6:30.1	6:29.1	6:28.1	6:27.1	6:26.1	6:25.1	6:24.1	6:23.2
97	6:48.1	6:46.8	6:45.5	6:44.3	6:43.1	6:41.9	6:40.8	6:39.6	6:38.5	6:37.4	6:36.3	6:35.2	6:34.1	6:33.1	6:32.1	6:31.1	6:30.1	6:29.1	6:28.1	6:27.1
96	6:52.3	6:51.0	6:49.8	6:48.5	6:47.3	6:46.1	6:44.9	6:43.8	6:42.6	6:41.5	6:40.4	6:39.3	6:38.3	6:37.2	6:36.2	6:35.1	6:34.1	6:33.1	6:32.1	6:31.2
95	6:56.6	6:55.4	6:54.1	6:52.8	6:51.6	6:50.4	6:49.2	6:48.0	6:46.9	6:45.7	6:44.6	6:43.5	6:42.4	6:41.4	6:40.3	6:39.3	6:38.3	6:37.3	6:36.3	6:35.3
94	7:01.1	6:59.8	6:58.5	6:57.2	6:56.0	6:54.8	6:53.6	6:52.4	6:51.2	6:50.1	6:48.9	6:47.8	6:46.7	6:45.6	6:44.6	6:43.5	6:42.5	6:41.5	6:40.5	6:39.5
93	7:05.6	7:04.3	7:03.0	7:01.7	7:00.5	6:59.2	6:58.0	6:56.8	6:55.6	6:54.5	6:53.3	6:52.2	6:51.1	6:50.0	6:48.9	6:47.9	6:46.8	6:45.8	6:44.8	6:43.8
92	7:10.2	7:08.9	7:07.6	7:06.3	7:05.0	7:03.8	7:02.6	7:01.3	7:00.2	6:59.0	6:57.8	6:56.7	6:55.6	6:54.5	6:53.4	6:52.3	6:51.3	6:50.2	6:49.2	6:48.2
91	7:15.0	7:13.6	7:12.3	7:11.0	7:09.7	7:08.4	7:07.2	7:06.0	7:04.8	7:03.6	7:02.4	7:01.3	7:00.1	6:59.0	6:57.9	6:56.8	6:55.8	6:54.7	6:53.7	6:52.7
90	7:19.8	7:18.4	7:17.1	7:15.8	7:14.5	7:13.2	7:11.9	7:10.7	7:09.5	7:08.3	7:07.1	7:05.9	7:04.8	7:03.7	7:02.6	7:01.5	7:00.4	6:59.3	6:58.3	6:57.2
89	7:24.7	7:23.4	7:22.0	7:20.7	7:19.4	7:18.1	7:16.8	7:15.5	7:14.3	7:13.1	7:11.9	7:10.7	7:09.6	7:08.4	7:07.3	7:06.2	7:05.1	7:04.0	7:03.0	7:01.9
88	7:29.8	7:28.4	7:27.0	7:25.7	7:24.3	7:23.0	7:21.8	7:20.5	7:19.2	7:18.0	7:16.8	7:15.6	7:14.5	7:13.3	7:12.2	7:11.0	7:09.9	7:08.9	7:07.8	7:06.7
87	7:35.0	7:33.5	7:32.2	7:30.8	7:29.5	7:28.1	7:26.8	7:25.6	7:24.3	7:23.1	7:21.8	7:20.6	7:19.5	7:18.3	7:17.1	7:16.0	7:14.9	7:13.8	7:12.7	7:11.6
86	7:40.2	7:38.8	7:37.4	7:36.0	7:34.7	7:33.3	7:32.0	7:30.7	7:29.5	7:28.2	7:27.0	7:25.8	7:24.6	7:23.4	7:22.2	7:21.1	7:19.9	7:18.8	7:17.7	7:16.6
85	7:45.7	7:44.2	7:42.8	7:41.4	7:40.0	7:38.7	7:37.3	7:36.0	7:34.8	7:33.5	7:32.2	7:31.0	7:29.8	7:28.6	7:27.4	7:26.3	7:25.1	7:24.0	7:22.9	7:21.8
84	7:51.2	7:49.7	7:48.3	7:46.9	7:45.5	7:44.1	7:42.8	7:41.5	7:40.2	7:38.9	7:37.6	7:36.4	7:35.1	7:33.9	7:32.7	7:31.6	7:30.4	7:29.3	7:28.1	7:27.0
83	7:56.9	7:55.4	7:53.9	7:52.5	7:51.1	7:49.7	7:48.4	7:47.0	7:45.7	7:44.4	7:43.1	7:41.9	7:40.6	7:39.4	7:38.2	7:37.0	7:35.8	7:34.7	7:33.5	7:32.4
82	8:02.7	8:01.2	7:59.7	7:58.3	7:56.9	7:55.5	7:54.1	7:52.7	7:51.4	7:50.1	7:48.8	7:47.5	7:46.2	7:45.0	7:43.8	7:42.6	7:41.4	7:40.2	7:39.1	7:37.9
81	8:08.7	8:07.1	8:05.7	8:04.2	8:02.7	8:01.3	7:59.9	7:58.6	7:57.2	7:55.9	7:54.6	7:53.3	7:52.0	7:50.8	7:49.5	7:48.3	7:47.1	7:45.9	7:44.7	7:43.6
80	8:14.8	8:13.2	8:11.7	8:10.2	8:08.8	8:07.3	8:05.9	8:04.5	8:03.2	8:01.8	8:00.5	7:59.2	7:57.9	7:56.6	7:55.4	7:54.2	7:52.9	7:51.7	7:50.6	7:49.4